

The Handheld Fan

We hope to answer your concerns, but if you have any more questions please ask a member of staff

How can using a handheld fan help my breathlessness?

- Research has shown that cooling the face with a fan can be helpful in reducing the feeling of breathlessness.
- Cooling the cheeks, nose and mouth areas sends a message to the brain to reduce the feeling of breathlessness.

How should I use the handheld fan?

- When you feel breathless find a comfortable position that helps to ease your breathing.
- Hold the fan approximately 6 inches or 15 centimetres from your face.
- Aim the draft of air towards the central part of your face, slowly moving the fan from side to side covering the nose, mouth and cheeks
- Use the fan until your breathing starts to ease. The time it takes to ease your breathing will vary from person to person.



When should I use the handheld fan?

- Use the fan whenever you feel breathless.
- It can be helpful to keep a fan with you when out and about and by your bedside at night so you have it to hand whenever needed.

What else can help my breathlessness?

- Opening a window for a cool draft of air.
- A cool flannel or spraying your face with water (plant or perfume atomiser).

This leaflet is updated regularly. For the most up to date information please visit <https://loros.co.uk/our-care>.

In cases of comments or complaints, please contact:

Chief Executive, or Director of Care Services, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

If you would like this information in another language or format please telephone 0116 231 8435 or email info@loros.co.uk

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